



Health and Safety Plan

May 6, 2022 Revision

The safety of our students and staff at Albemarle Ballet Theater is always our primary concern. Our goal is to provide an optimal learning environment in the performing arts, which includes the highest possible level of cleanliness. As such, ABT, in consultation with members of the medical community, the Centers for Disease Control (CDC), and local guidelines, is developing strict protocols for program participation at our facilities.

All classes are held in-person at ABT and all individuals on the premises will abide by the following plan. This plan will need to remain fluid in order to adjust to changing circumstances and advice from the CDC, as well as state and federal authorities.

ABT is providing its best effort to create a safe environment for its students. This Health and Safety Plan does not express any guarantee, promise, or assurance, or represent 100% effectiveness against the spread of disease. It is meant to augment the guidelines set forth by the CDC, state, and federal authorities, and can only be as effective as official guidance in combination with the public's willingness to follow them.

Participation Restrictions

ABT requires that the parent/guardian perform a health assessment (please see page 3) before your child arrives at ABT. If your child has a fever or is showing any signs of sickness, they will not be eligible to attend classes until they are symptom-free and have been cleared by their physician. Students that have a temperature of 100 degrees or higher or exhibit any contagious disease symptoms will be sent home. If your child has allergies, a doctor's note will be required.

Students or household members who are exhibiting COVID-19 symptoms or have been diagnosed with COVID-19 are prohibited from attending classes in-person unless they have followed the COVID-19 protocols outlined on page 2. You can find a free testing site [here](#).

For safety reasons, we cannot grant entrance or class participation to anyone:

- With COVID-19
- Who has been recently exposed to COVID-19
- With symptoms of any contagious disease including COVID-19 (a doctor's note must be provided for allergies)
- Who has not adhered to the Covid protocols on page 2

Please adhere to the following protocol if...

1. You have Covid:

AND you're vaccinated

- Wait 10-days from the date of the onset of symptoms, or positive Covid test (whichever is longer), and so long as your symptoms have continued to improve and you've been fever-free for 24-hours, you can return to dance. Please continue to monitor for changes in symptoms.

AND you're unvaccinated

- Wait 14-days from the date of the onset of symptoms, or positive Covid test (whichever is longer), and so long as your symptoms have continued to improve and you've been fever-free for 24-hours, you can return to dance. Please continue to monitor for changes in symptoms.

2. Someone in your household has Covid:

AND you're vaccinated

- Option 1: Take a home Covid test 5-days after the LAST person shows symptoms (or receives a positive Covid test) and if your test is negative AND you remain symptom-free, you can return to dance.
- Option 2: Not take a test and wait 10-days after the LAST person shows symptoms (or receives a positive Covid test) before returning to dance so long as you remain symptom-free.

AND you're unvaccinated

- Option 1: Take a PCR test 5-days after the LAST person shows symptoms (or receives a positive Covid test) and if your test is negative AND you remain symptom-free, you can return to dance.
- Option 2: Not take a test and wait 14-days after the LAST person shows symptoms (or receives a positive Covid test) before returning to dance so long as you remain symptom-free.

3. You've had an exposure to someone with Covid

AND you're vaccinated

- Option 1: Take a home Covid test 5-days after the exposure and if negative AND symptom-free, you can return to dance.
- Option 2: Not take a test and wait 10-days before returning to dance so long as you remain symptom-free.

AND you're unvaccinated

- Option 1: Take a PCR test 5-days after the exposure and if negative AND symptom-free, you can return to dance.
- Option 2: Not take a test and wait 14-days before returning to dance so long as you remain symptom-free.

4. You've traveled: we strongly encourage you to follow the CDC's testing and quarantine recommendations for returning from domestic and international travel. Please visit the CDC website for most up to date information [Travel | CDC](#)

Drop-Off and Pick-Up

Before Class

- Parent/Guardian should perform a health assessment before their child arrives at ABT. Students that have a temperature above 100 degrees or exhibit any contagious disease symptoms will be sent home. Please be cautious and honest for the safety of all!
- Students must arrive no earlier than 10 minutes prior to their scheduled class. This is to avoid unnecessary exposure or social distancing issues.
- Dancers should arrive in dance clothes (with warm-up coverings), ready to go straight into the studio. Dancers are not allowed to wear their dance shoes outside and must wear street shoes entering and leaving.
- Only dancers will be permitted in the building except for the following levels:
 - Creative Movement - Ballet II, Hip Hop 7 - 9: One parent/guardian must drop-off and pick-up their student in the waiting room outside of the studio. Dancers in these levels will not be allowed to leave the building unless they are picked up by their parent/guardian.
 - Creative Movement & Exploring Ballet: One parent/guardian may remain in the waiting room during class time for Creative Movement and Exploring Ballet only. For all other levels, only students will be allowed to remain in the building during class time.
- Dancers should Sanitize their hands before entering the studio.
- Because of these restrictions, students will not be allowed into class late.
- Students are advised to bring adequate water bottles that are filled.

After Class

- Studio will be thoroughly sanitized between classes.
- Please arrive at the parking lot 5-10 minutes before the scheduled class end time to be ready to pick up your dancer.
 - Creative Movement - Ballet II, Hip Hop 7 - 9: Please pick your dancer up from the waiting room *inside* the building. We are not liable for student's safety once class has ended and we cannot guarantee a teacher will be available to supervise your child.
 - Dancers in all other levels should wait for their ride to arrive either in the building or in the downstairs lobby. Please do not wait on the porch after dark.
- Dancers should move directly to/from the facility to their waiting vehicle before and after classes.

Health Assessment Questions

If you answer yes to any questions, your child is not eligible to take classes until they are either symptom-free or have been cleared by a physician.

- Is your child's temperature above 100.4 degrees?
- Have they experienced any contagious disease symptoms in the past 48-hours such as sneezing, congestion, cough, sore throat, difficulty breathing, chills, vomiting, diarrhea, rash, pink eye, or fatigue? *If they have allergies they will need to provide a doctor's note.
- In the past 10-days, has your child been in close physical contact (within 6-feet for a cumulative total of 15-minutes or more over a 24-hour period) with anyone who has Covid-19 or anyone who has symptoms consistent with Covid-19?
- If unvaccinated, have they traveled or attended a large indoor public gathering?

Minimizing Exposure

Mask Protocol

- Anyone who enters the building ages 3+, regardless of vaccination status, MUST wear a properly fitting mask or they will be asked to leave.
- Once in the studio, masks are optional for students and teachers. Masks must be worn anytime students and teachers leave the studio.
- As COVID-19 evolves, ABT will continue to follow the health and safety guidance from the CDC and the local health department. If the transmission rate begins to increase, ABT may reassess its mask protocol at its discretion.

High-Touch Areas and General Best Practices

- As in the past, ABT will continue to sanitize all high-touch surfaces. The frequency of this cleaning, however, has increased this past year and will continue.
- Students and families are encouraged to use an elbow/hip instead of their hands whenever possible to push doors open or flip light switches.
- Hand sanitizer will be readily available throughout the building,
- While the bathroom is available to students and staff, we encourage all (especially young dancers) to use the restroom at home prior to coming to ABT.
- Remember to wash hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing.
- If a student or staff member that has attended classes at ABT has been exposed or is diagnosed with COVID-19, families of dancers in these classes will be immediately notified.
- All barres will be sanitized before and after use.
- Fans and increased HVAC have been installed in both studios to maximize air circulation.